



CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

MAY 2022 IN-PERSON / VIRTUAL / CALENDAR

38 Spring Street, Cresskill, New Jersey 07626

WWW.CRESSKILLBORO.COM



Monday

Tuesday

Wednesday

Thursday

Friday

<p>2</p> <p>9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password meditate</p> <p>9:00 am Knitting & Crocheting In-person only 11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p> <p>1:00 pm Book Club #1 (First Monday's) IN-PERSON ONLY</p>	<p>3</p> <p>9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting # 897 2408 3039 Password Ztzw4k</p> <p>1:00 pm Watercolor LESSON #3</p>	<p>4</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088</p> <p>Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b</p> <p>12:00 pm MOVIE "Marry Me" 1 Hr.-52 Min. 12:30 Game Day</p>	<p>5</p> <p>10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 782 7189 3102 Password 824244</p> <p>11:00 am Quilting</p> <p>11:00 pm Duplicate Bridge</p>	<p>6</p> <p>10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:00 am Discussion Club 11:15 am Movin & Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise IN-PERSON or ZOOM Meeting #841 3153 9903 Password 4rVrG7</p>
<p>9</p>  <p>9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password meditate</p> <p>9:00 am Knitting & Crocheting In-person only NO Stephen's Strength Training TODAY</p> <p>12:30 pm Informational presentation Alzheimer's Disease & Related Dementia Pre-registration required.</p>	<p>10</p> <p>NO Stephen's Basic Training TODAY</p> <p>11:00 am Betsy's Stretch ZOOM ONLY TODAY Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo ZOOM ONLY Meeting # 897 2408 3039 Password Ztzw4k</p> <p>1:00 pm Watercolor LESSON #4</p>	<p>11</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088</p> <p>Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b</p> <p>12:00 pm MOVIE "The Eyes of Tammy Faye" 12:30 Game Day</p>	<p>12</p> <p>10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 782 7189 3102 Password 824244</p> <p>11:00 am Quilting</p> <p>11:00 pm Duplicate Bridge</p>	<p>13</p> <p>10:00 am Kim's Pilates ZOOM ONLY Meeting # 870 2305 1168 Password Cresskill</p> <p>11:15 am Movin & Grovin w/ Kim ZOOM ONLY Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise ZOOM ONLY Meeting #841 3153 9903 Password 4rVrG7</p>
<p>16</p> <p>9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password meditate</p> <p>9:00 am Knitting & Crocheting In-person only 11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p> <p>1:00 pm Book Club #2 (Third Monday) IN-PERSON ONLY</p>	<p>17</p> <p>9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting # 897 2408 3039 Password Ztzw4k</p> <p>1:00 pm Watercolor LESSON #5</p>	<p>18</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088</p> <p>Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b</p> <p>12:00 pm MOVIE "Where'd You Go Bernadette" 12:30 Game Day</p>	<p>19</p> <p>10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 782 7189 3102 Password 824244</p> <p>11:00 pm Duplicate Bridge</p>	<p>20</p> <p>10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:00 am Discussion Club 11:15 am Movin & Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise IN-PERSON or ZOOM Meeting #841 3153 9903 Password 4rVrG7</p>
<p>23</p>  <p>9:00 am Guided Meditation Zoom only Meeting# 714 8119 7049 Password meditate</p> <p>9:00 am Knitting & Crocheting In-person only 11:00 am Stephen's Strength Training IN-PERSON or ZOOM Meeting # 601 5138 698 Password 8BcN2b</p>	<p>24</p> <p>9:45 am Stephen's Basic Training IN-PERSON or ZOOM Meeting# 601 5138 698 Password 8BcN2b</p> <p>11:00 am Betsy's Stretch IN-PERSON or ZOOM Meeting# 861 0522 2055 Password Ztzw4k</p> <p>12:00 pm Betsy's Cardo IN-PERSON or ZOOM Meeting # 897 2408 3039 Password Ztzw4k</p> <p>1:00 pm Watercolor LESSON #6</p>	<p>25</p> <p>9:30 am Arlene's Chair Yoga IN-PERSON or ZOOM Meeting#787 3764 5088</p> <p>Password yoga</p> <p>11:00 am IN-PERSON or ZOOM Stephen's Mat Class Meeting # 601 5138 698Password 8BcN2b</p> <p>12:00 pm MOVIE "Minari" 1 Hr.-55Min. 12:30 Game Day</p>	<p>26</p> <p>9:00—1:00 pm Blood Pressure Screening By appointment only</p> <p>10:00 am Tai-Chi IN-PERSON or ZOOM Meeting# 782 7189 3102 Password 824244</p> <p>11:00 am Duplicate Bridge</p>	<p>27</p> <p>10:00 am Kim's Pilates IN-PERSON or ZOOM Meeting # 870 2305 1168 Password Cresskill</p> <p>11:00 am Discussion Club 11:15 am Movin & Grovin w/ Kim Meeting # 870 2305 1168 Password Cresskill</p> <p>1:00 pm Susan's YMCA Exercise Meeting #841 3153 9903 Password 4rVrG7</p>



30

In honor of

MEMORIAL DAY

We will be closed Monday, May 30

31

9:45 am Stephen's Basic Training
IN-PERSON or ZOOM
Meeting# 601 5138 698 Password 8BcN2b

11:00 am Betsy's Stretch
IN-PERSON or ZOOM
Meeting# 861 0522 2055 Password Ztzw4k

12:00 pm Betsy's Cardo IN-PERSON or ZOOM
Meeting # 897 2408 3039 Password Ztzw4k

1:00 pm Watercolor LESSON #7



ACT NOW FOUNDATION
Dementia Center

Monday, May 9, 2022

12:30 pm Informational Presentation
Alzheimer's Disease & Related Dementia
Pre-registration required.
See Donnajo to register or for more information.